

# FITSPHERE

Fuel your body elevate your life!

**Ayush Pandita - 202201256**

**Ragan Patel - 202201152**

**Harshal Patel - 202201070**



Prof. Anupan Rana

## Group - 14



A man in a green t-shirt and black shorts is running on a dark asphalt track. He is wearing white socks and blue and white sneakers. In the background, there is a yellow fence and some trees under a clear blue sky.

# Hello!

Maintaining a healthy lifestyle is challenging due to time constraints, lack of guidance, and financial limitations. Many struggle to balance fitness and nutrition with daily responsibilities.

## Problem Statement :

Existing fitness apps often lack flexibility and personalization, making it difficult for users with different lifestyles, experience levels, and dietary restrictions to stay consistent.





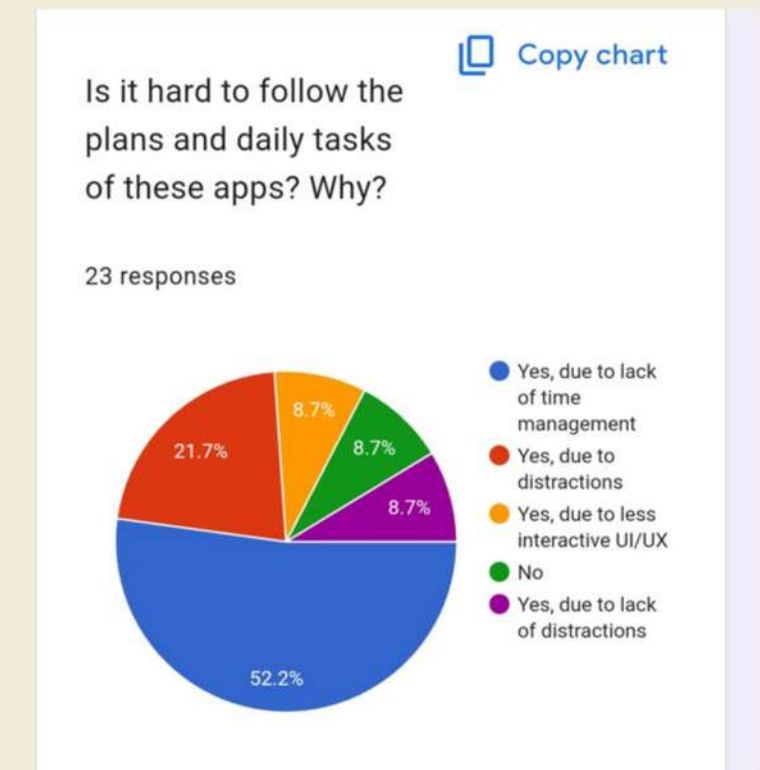
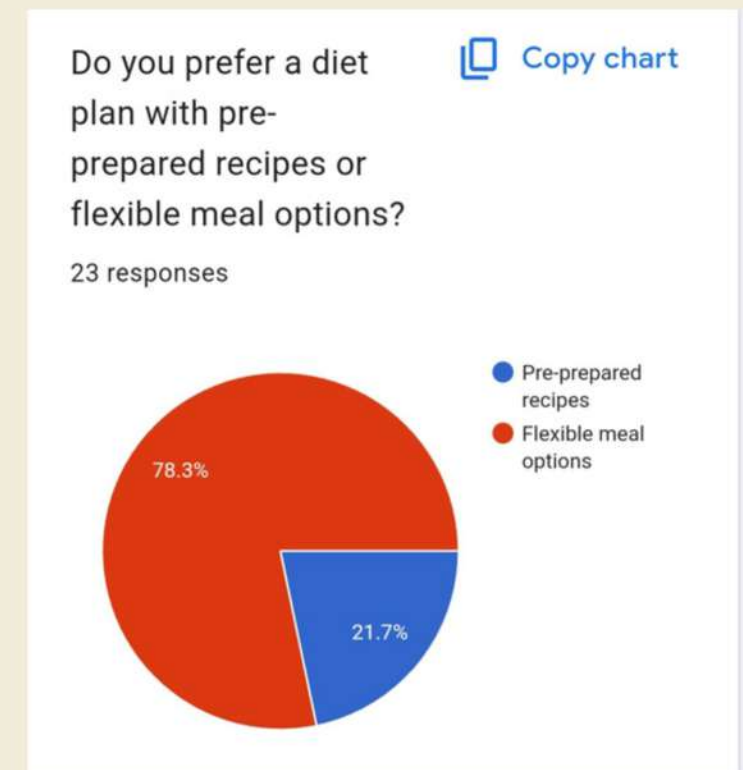
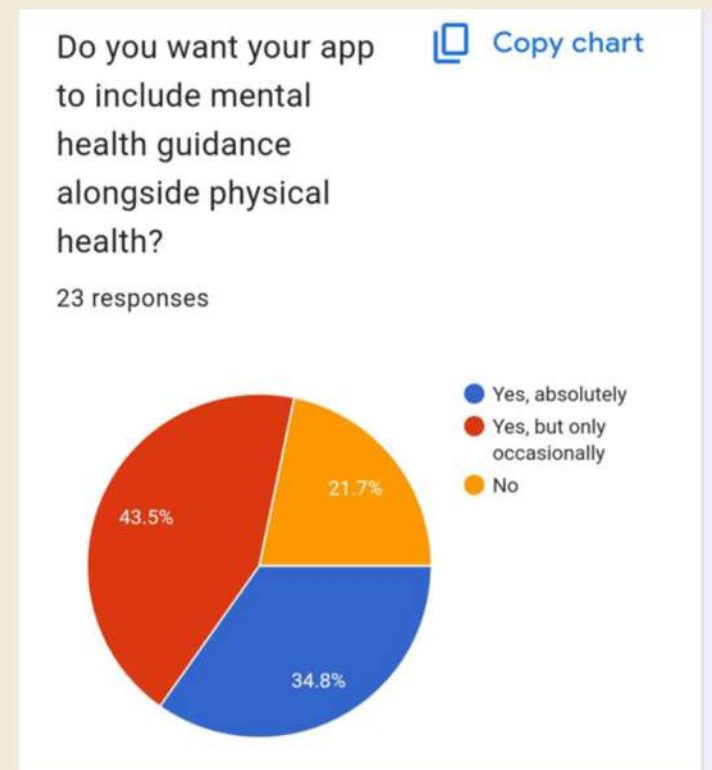
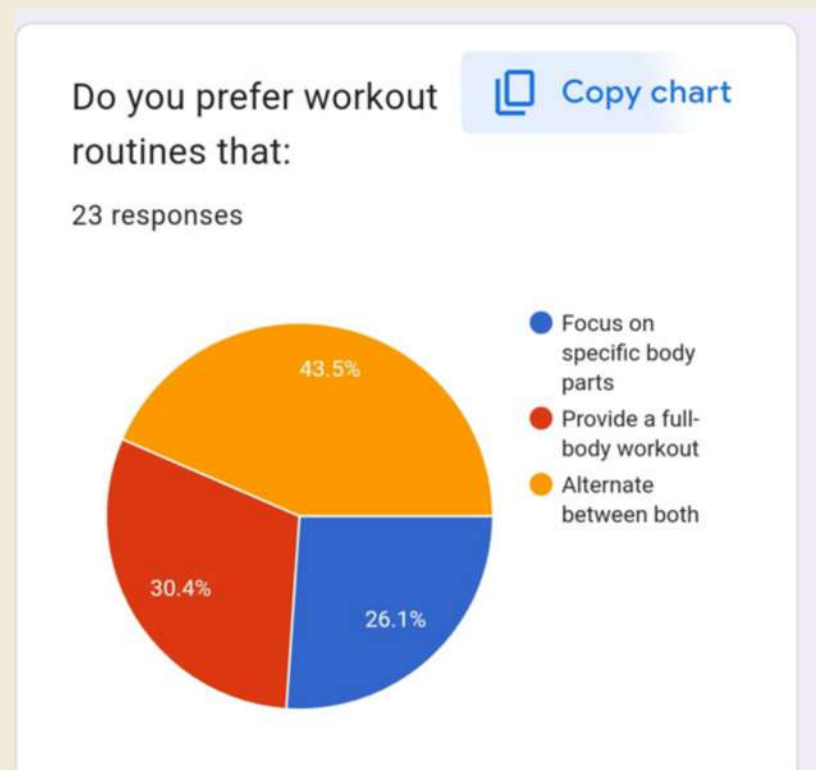
## Solution

Our app provides a holistic, time-efficient, and personalized approach by integrating customized diet plans, workout routines, and progress tracking tailored to diverse user needs.



# Survey

We conducted a survey, asking people certain question about their ideal health app, what should it include. Here are some results of them with the questions asked.



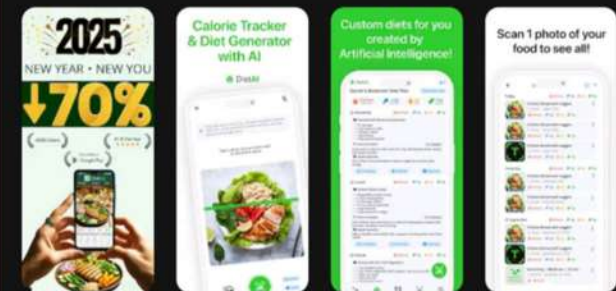
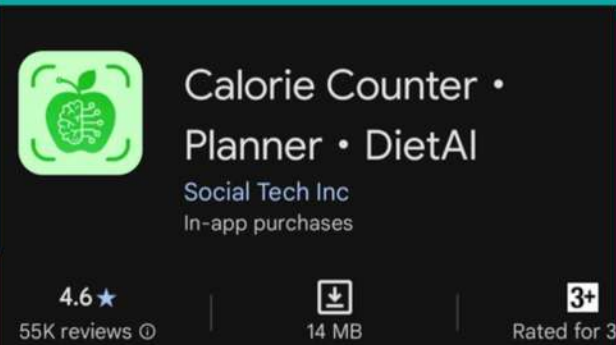
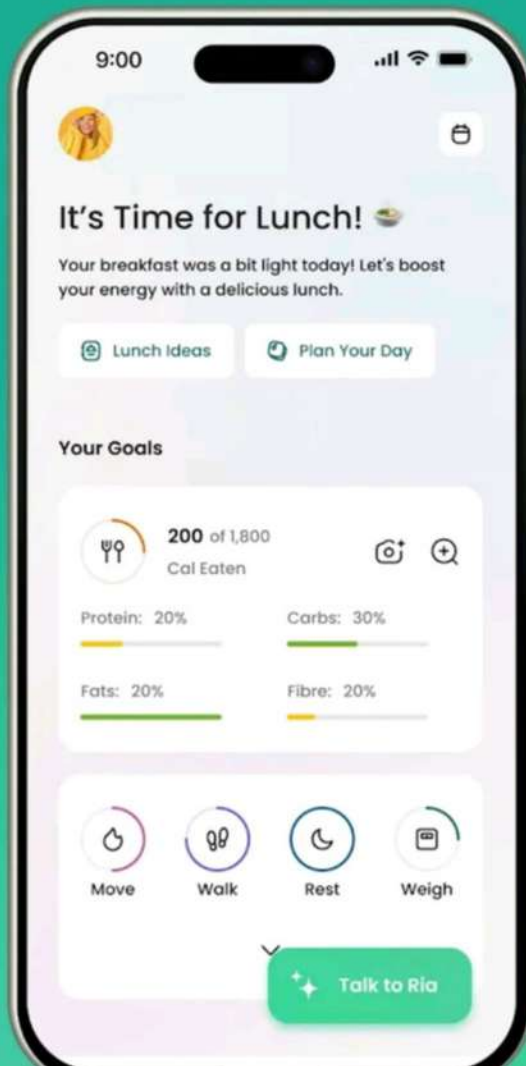


# Competitive Analysis

What existing market lacks:

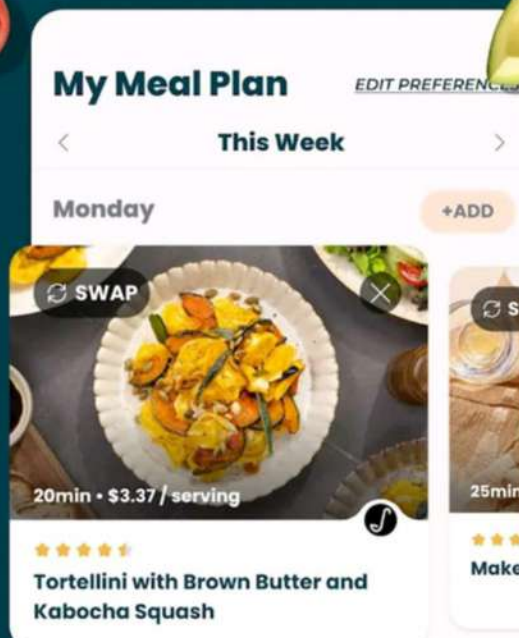
1. Integration of Fitness & Nutrition
2. Time-Efficient Solutions for Busy Individuals
3. Personalized Guidance for Beginners & Special Diets
4. Affordability & Accessibility for Budget-Conscious Users
5. Advanced Tracking & Performance Analytics for Fitness Enthusiasts

Healthify  
Track Nutrition & Reach  
Your Goal with AI ✨



About this app  
AI Calorie Tracker for Food Nutrition • Meal Planner for Weight Loss • AI Diet Plans

Plan Weekly Meals  
With Ease



About this app  
Save time and money with AI recipe ideas for all diets and easy grocery shopping

## How our application fills these gaps :

1. All-in-One Platform
2. Time-Saving Workouts & Quick Meal Plans
3. Beginner-Friendly & Adaptive
4. Budget-Friendly & Home-Based Alternatives



# Key Features and Functionalities

FITSPHERE

## Recipe Section

**General Recipes** – A collection of healthy meal options for all users.

**User-Designed Recipes** – Users input available ingredients to generate custom meal suggestions.

**Dietary Preferences & Restrictions** – Filters for vegetarian, vegan, keto, gluten-free, etc.

**Snap and Cook** - User can upload the ingredients here and get the recipe which can be made.

## Workout Section

**General Workout Plans** – Pre-made routines for different goals (weight loss, muscle gain, endurance, etc.).

**Personalized Workouts** – Users create tailored routines based on fitness level and goals.

**No-Equipment & Home Workouts** – Options for those without access to a gym.

**Guided Video & Audio Workouts** – Step-by-step workout sessions with voice and video instructions.

## Premium Features

**Food Tracking** – Users log their meals to monitor calorie intake and macronutrients.

**Advanced Progress Tracking** – Detailed analytics on workout performance and diet adherence.

**Custom Workout & Diet Plans** – AI-generated plans based on user history and preferences.

**Exclusive Recipes & Workouts** – Premium users unlock advanced meal and exercise plans.

# Users

## Key Challenges

### Male User

- "I struggle to stay consistent due to my work stress."
- "Tracking progress feels too technical and time-consuming."
- "I want results, but I lose motivation fast if I don't see gains."
- "I don't want a complicated meal plan—I just want quick and easy."

### Female User

- "Balancing family and fitness feels like a constant juggle."
- "I get anxious with unrealistic body goals pushed by apps."
- "Most apps don't consider my dietary needs properly."
- "I need guidance that matches my pace and cycle."





*"Every small step adds up to big results."*

## Priya Verma

### ABOUT

Priya Verma is a 21-year-old college student pursuing a degree in Digital Media and Communication. Living in a suburban area, she juggles academics, creativity, and personal well-being. Slightly underweight, Priya is focused on improving her health while managing a busy student life. Tech-savvy and creative, she enjoys blogging, sketching, and dancing, often using apps for productivity and wellness. Priya values personalized, flexible plans for diet and fitness, along with mindfulness tips, to stay consistent and balanced. She dreams of inspiring others by sharing her journey to a healthier, more confident self.

### GOALS

- improving her mental well-being. She
- values personalized, flexible plans that fit her creative and tech-savvy lifestyle.
- Feel confident and achieve a balanced, healthy lifestyle.

### NEEDS

- A tool that simplifies her fitness journey by saving time and effort.
- Seamless integration of diet, workouts, and mental health guidance.

### PAIN POINTS

- Feels overwhelmed by rigid plans and lacks time management skills.
- Finds it difficult to follow apps that are overly complicated.

### PERSONALITY



AGE 21  
JOB TITLE Student  
STATUS Single  
LOCATION LA, USA

DESIGN

BLOGGING

JOURNALISM

PODCASTS

➤Based on the survey questions we generated the user personas each for male and female

➤Targeting some real life problems of the users





"Consistency today leads to strength tomorrow."

## Rohan Mehta

### ABOUT

Rohan is a young professional who spends most of his day sitting at a desk. He is aware of the long-term health risks associated with a sedentary lifestyle and wants to improve his overall fitness. Juggling work and personal life, he finds it challenging to prioritize exercise but understands that making small changes now can lead to significant benefits in the future. He enjoys structured plans that fit into his busy schedule, like quick workouts or stretching routines that can be done in between meetings. He's eager to find practical and effective ways to stay active without sacrificing productivity.

### GOALS

- Improve overall health and build stamina.
- Maintain an active lifestyle and feel more energetic throughout the day.

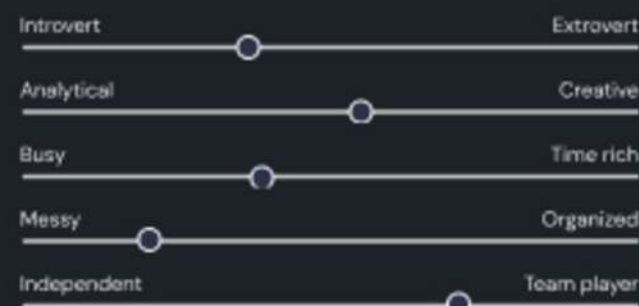
### NEEDS

- Prefers pre prepared recipes for convenience.
- Gym workouts and cardio-based routines. Works out every day for short duration.

### PAIN POINTS

- Finds it hard to manage time for workouts.
- Feels apps often lack engaging features, making them boring.

### PERSONALITY



AGE 29  
JOB TITLE Tech Lead  
STATUS Single  
LOCATION Surat

CODING

FITNESS

GAMING

GADGETS

- Based on the survey questions we generated the user personas each for male and female
- Targeting some real life problems of the users



# Empathy Mapping





# Empathy Mapping

## THINKS

- "I WISH I HAD MORE TIME TO TAKE CARE OF MY MENTAL AND PHYSICAL HEALTH."
- "FITNESS SHOULD FEEL FUN AND NOT LIKE A CHORE."
- "THERE MUST BE AN EASIER WAY TO MANAGE EVERYTHING IN ONE PLACE."

## SAYS

- "THESE APPS ARE TOO COMPLICATED FOR ME TO STICK WITH."
- "I'D USE IT MORE IF IT FIT INTO MY DAILY RHYTHM."
- "I LOVE WHEN SOMETHING IS SIMPLE, ORGANIZED, AND LOOKS GOOD TOO."



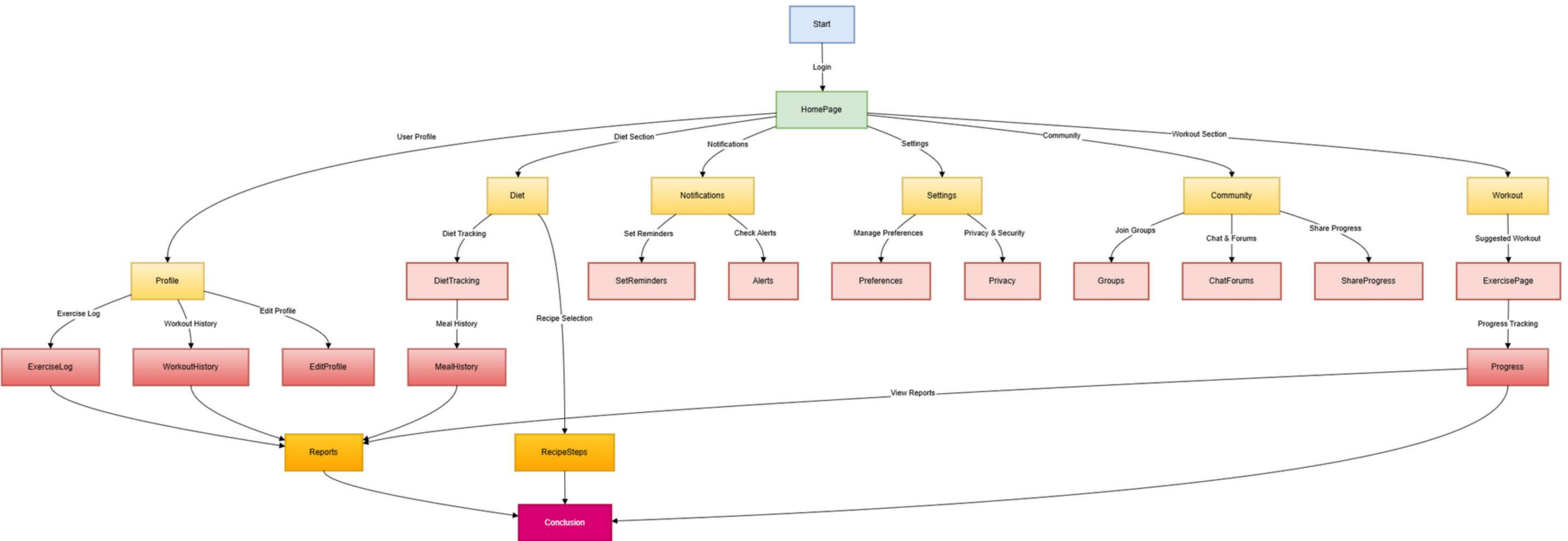
## DOES

- "STARTS USING WELLNESS OR PRODUCTIVITY APPS BUT ABANDONS THEM AFTER A WHILE."
- "EXPERIMENTS WITH CREATIVE OUTLETS LIKE BLOGGING AND SKETCHING TO RELIEVE STRESS."
- "SEARCHES FOR TOOLS THAT MATCH HER FLEXIBLE LIFESTYLE."

## FEELS

- "OVERWHELMED BY RIGID SCHEDULES AND COMPLEX APPS."
- "INSPIRED WHEN SHE FINDS TOOLS THAT ALIGN WITH HER CREATIVITY."
- "ANXIOUS ABOUT STAYING CONSISTENT WITH HER GOALS."





# Mood Board and Style Guide

## Mood Board

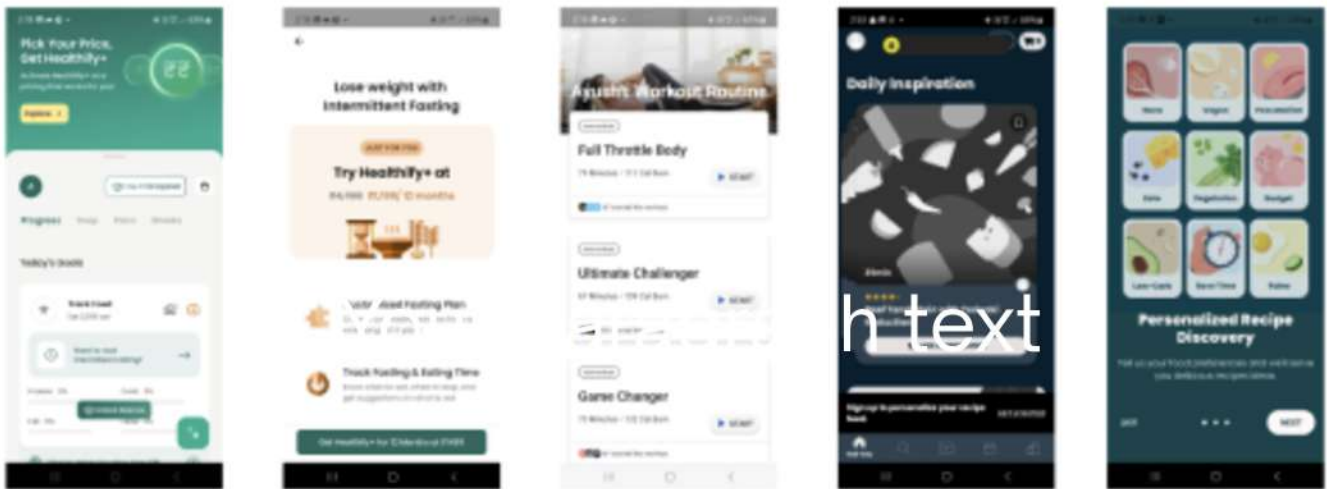


### FITSPPHERE - A workout and diet application

An all-in-one fitness and diet app designed to help users crush their health goals. Get personalized workout plans, curated meal suggestions, and track progress — all in one place. Stay motivated with reminders, insights, and community challenges!

#### inspiration

**Motivation:**  
Build an app that empowers people to live healthier, happier lives. Every workout, meal, and progress milestone becomes a step toward personal transformation — and your app can be the guide that makes it all possible.



#### Colour

##### #006769 (Teal Green)

**Significance:** Strength, stability, and balance  
**Attributes:** Represents deep wellness, trust, and calmness — perfect for grounding elements like headers or navigation bars  
**Usage:** Primary buttons, headers, or section dividers

##### #40A578 (Medium Green)

**Significance:** Growth, vitality, and energy  
**Attributes:** Reflects nature, freshness, and progress — ideal for active elements like progress bars or workout highlights  
**Usage:** Success messages, active workout indicators, or feature highlights

##### #9DDE88 (Light Green)

**Significance:** Renewal, health, and freshness  
**Attributes:** Evokes feelings of health, renewal, and positivity — great for cards, background accents, or meal suggestions  
**Usage:** Background sections, cards, or subtle highlights

##### #E6FF94 (Lime Green)

**Significance:** Energy, optimism, and motivation  
**Attributes:** Bright and vibrant, it boosts energy and excitement — perfect for calls to action or progress indicators  
**Usage:** CTA buttons, workout reminders, or motivational elements

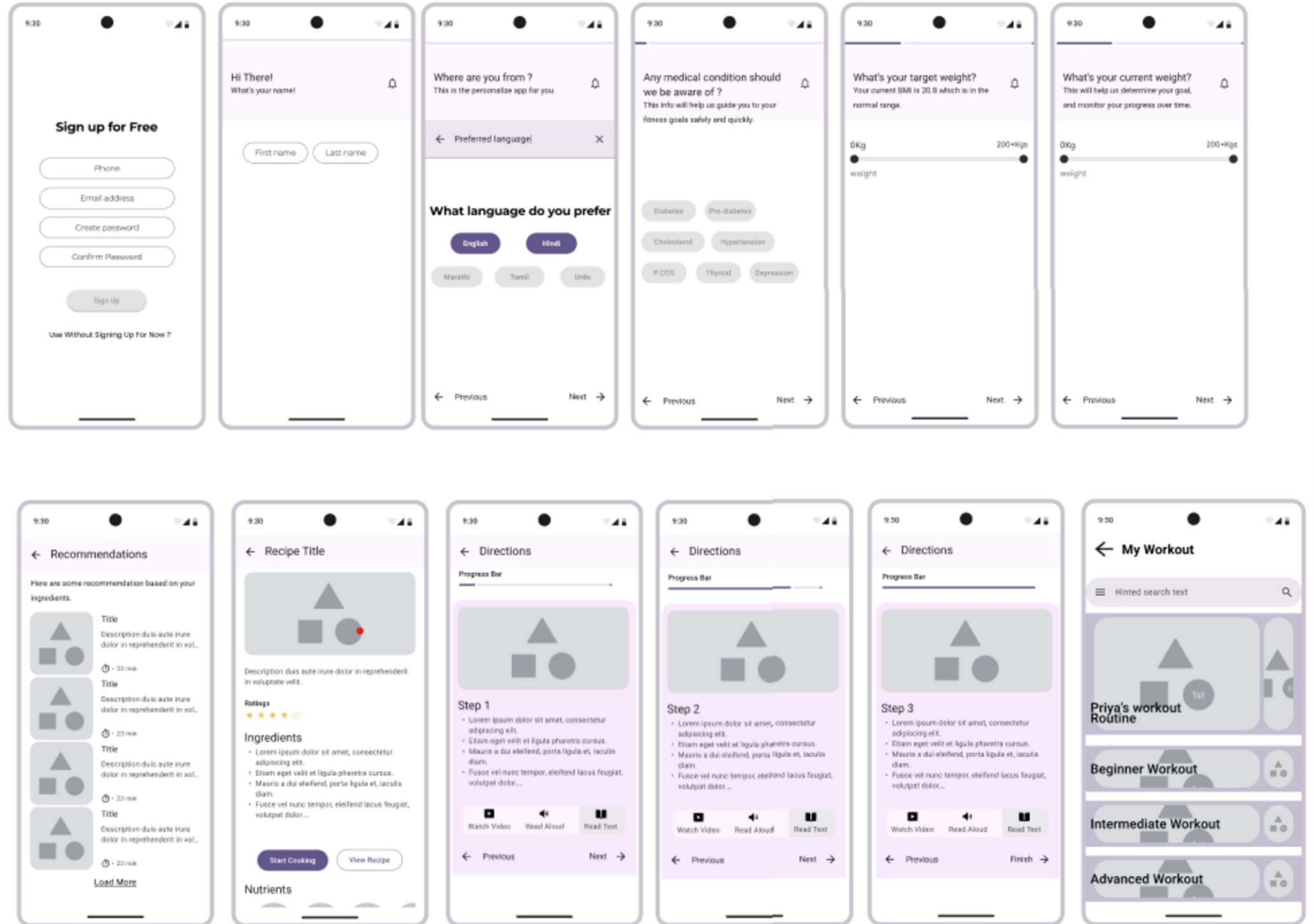
#### Fonts

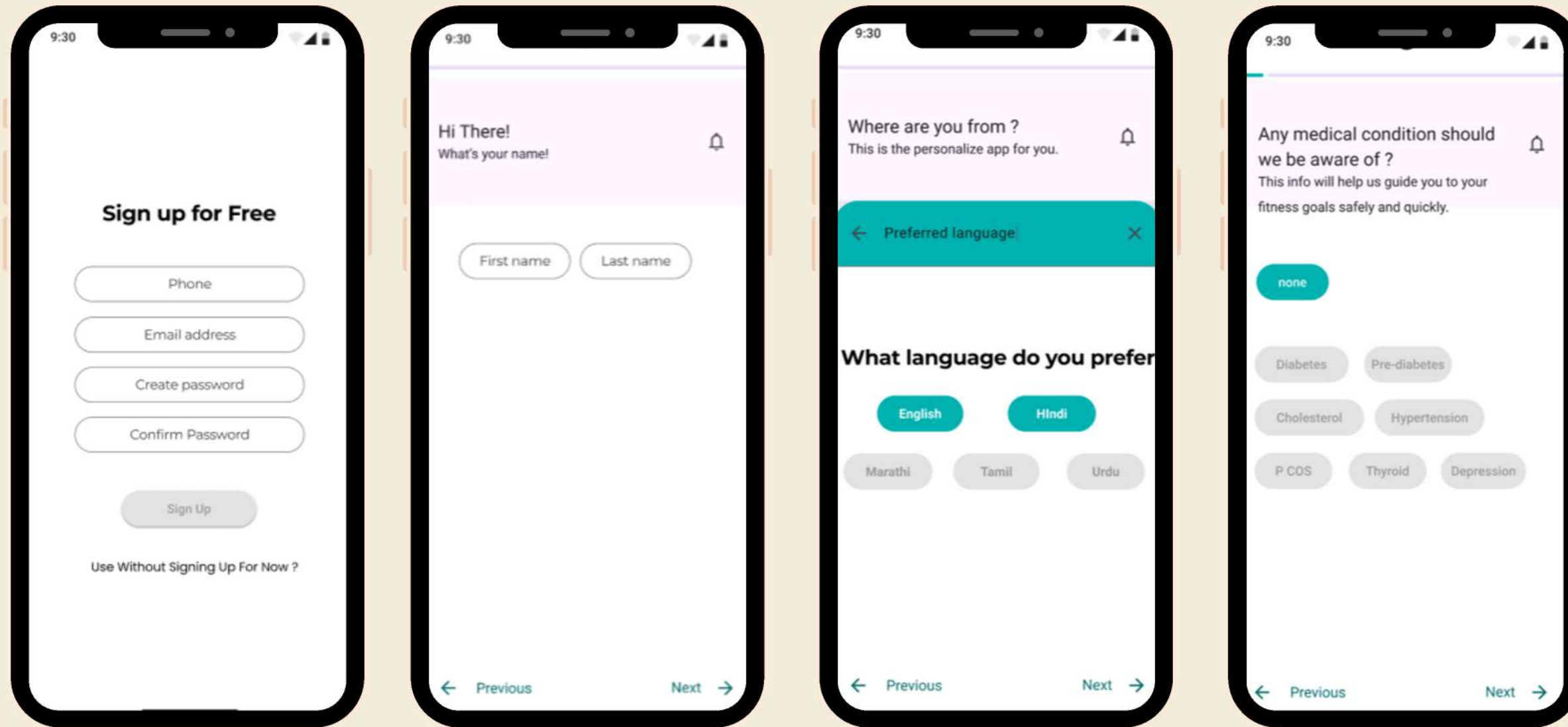
### Roboto

We chose **Roboto** for its clean, modern, and highly readable design, ensuring clarity in workouts and meal plans. Its smooth, balanced look enhances our minimal UI, making the app feel fresh, engaging, and easy to use across all devices. Perfect for a seamless fitness and nutrition experience!



# Low fidelity Design for the FITSPHERE





- We start by asking the user to sign up or sign in, ensuring secure access to their profile and data.

After that, we collect their name for a more personalized and user-friendly interface.

- Finally, we ask about any existing medical conditions the user might have. This is a crucial step, as it helps the app tailor workout plans, dietary recommendations, and overall lifestyle suggestions in a safe and suitable manner

➤ Next, we allow users to select their preferred language so they can interact with the app in a way that's most comfortable and accessible for them.



9:30

What's your target weight?

Your current BMI is 20.8 which is in the normal range.

0Kg 200+Kgs

weight

← Previous Next →

9:30

What's your current weight?

This will help us determine your goal, and monitor your progress over time.

0Kg 200+Kgs

weight

← Previous Next →

9:30

How tall are you?

Your height will help us calculate important body stats to help you reach your goals faster.

0cm 250+cms

Height

← Previous Next →

9:30

What's your age ?

Your age determine how much you should consume. (Select your age in years)

0yr 100+yr

Age

← Previous Next →

➤ These screens use sliders to let the user to input their:

1. Target weight
2. Current weight
3. Height
4. Age

➤ We chose sliders instead of text fields to make the input process more interactive, intuitive, and user-friendly, especially on mobile devices. Sliders also help users stay within realistic, predefined ranges, reducing the chances of incorrect data entry.

➤ Collecting this information allows the app to calculate metrics like BMI, understand the user's fitness goals, and personalize diet and workout plans accordingly.

➤ Overall, this step ensures that every recommendation the user receives is tailored to their unique body profile and fitness objectives."

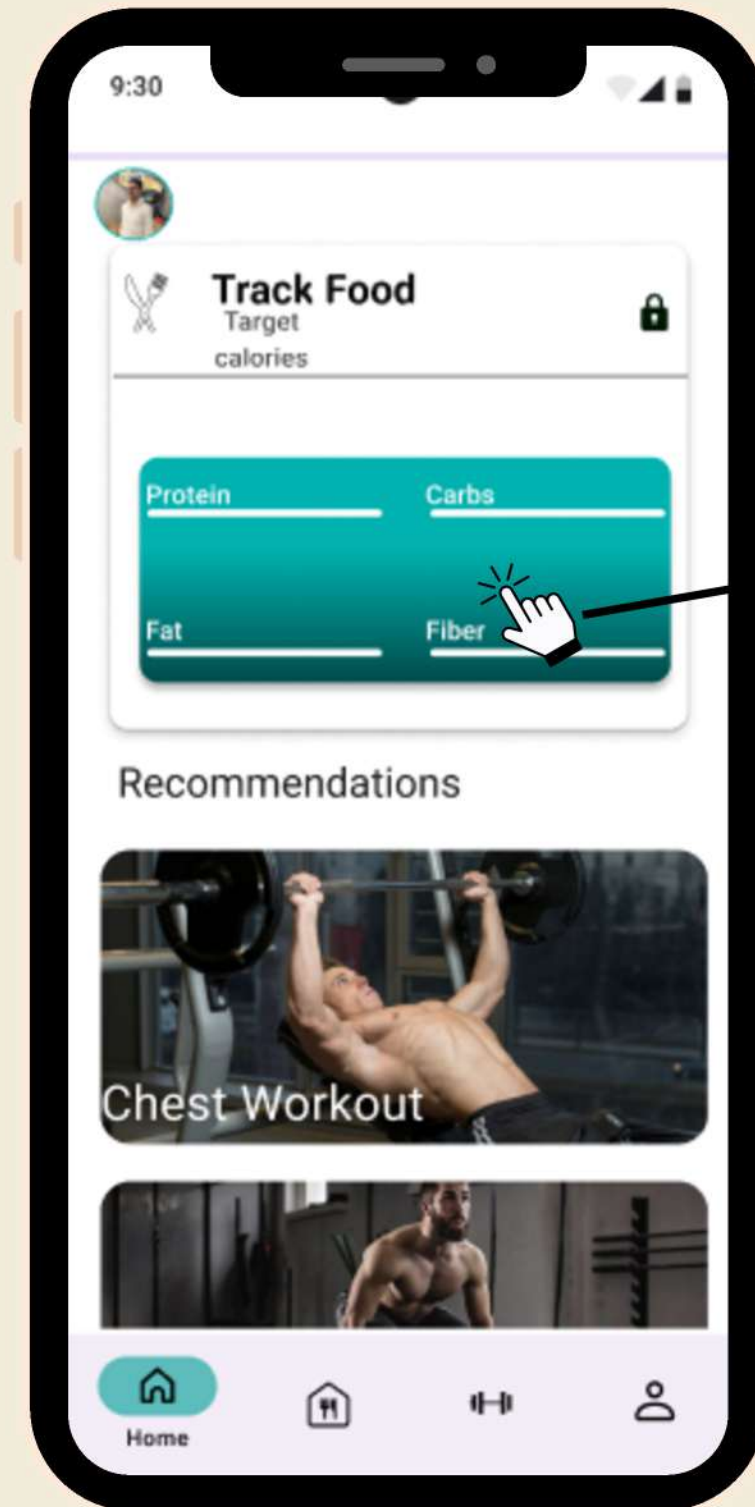


Smart suggestions  
for key areas:

Chest  
Back  
Legs  
Arms

➤ Tailored based  
on user goals and  
fitness level

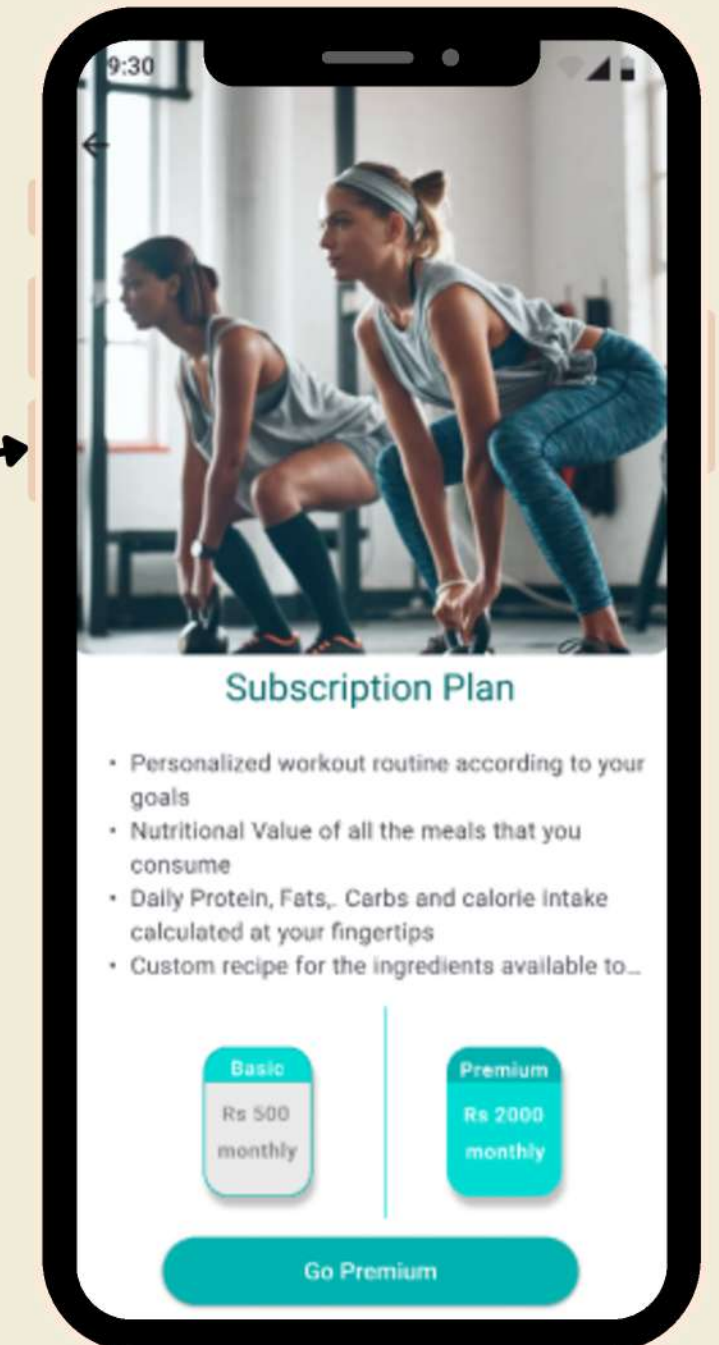
## Home Page



Track Food (Premium Feature 🔒)

- Interactive sliders for tracking Protein, Carbs, Fat, and Fiber
  - Helps users monitor daily nutrition goals and stay on track

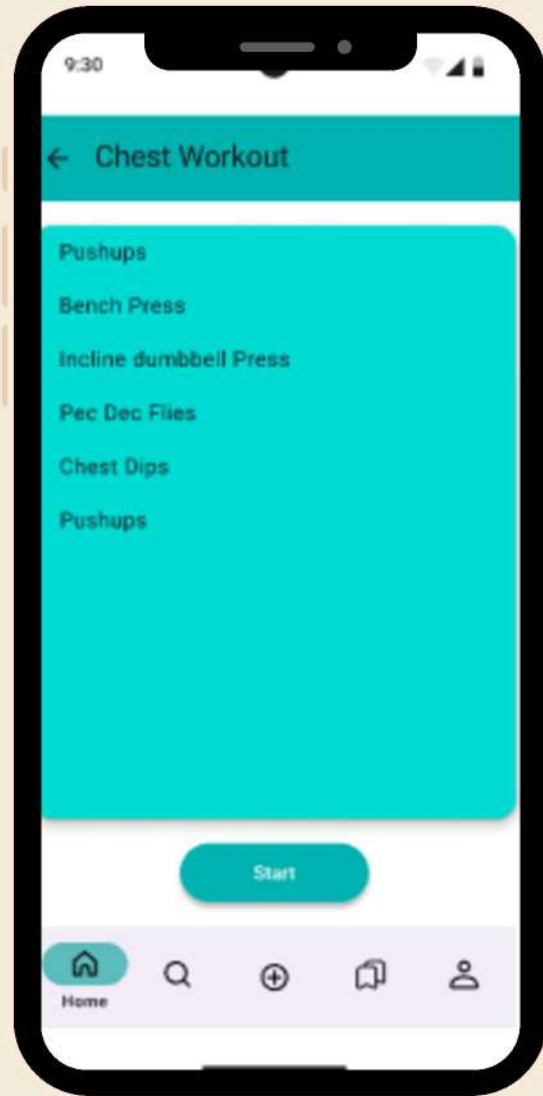
➤ Since this is a premium feature, clicking on it redirects users to the subscription plan purchase page. This helps introduce the value of the premium version in a natural, non-intrusive way.



### Bottom Navigation Bar

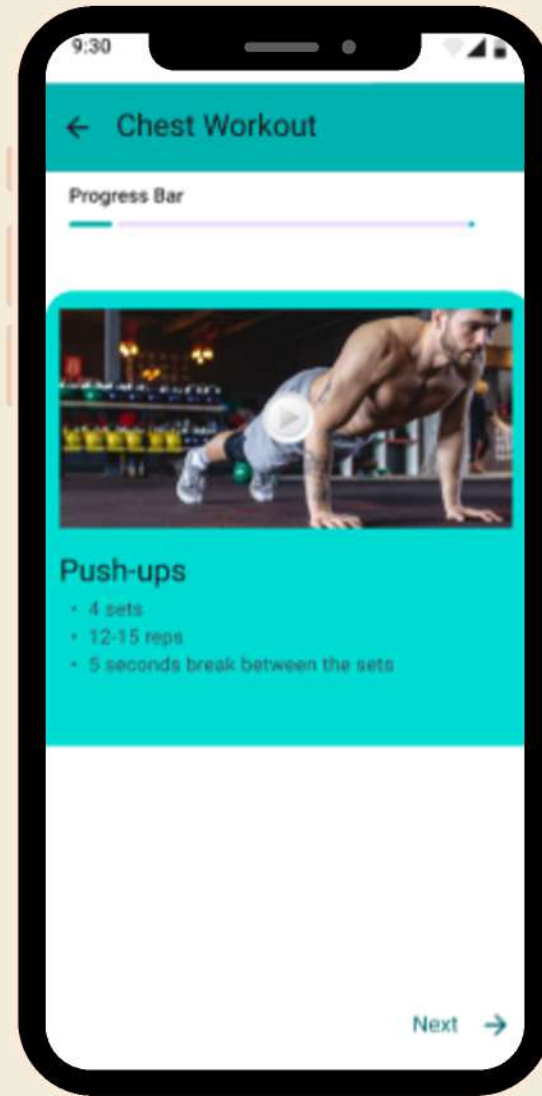
- Easy access to all key features:
  - Home: Dashboard overview
  - Meals: Recipes & food suggestions
  - Water: Track daily water intake
  - Workout: Full workout plans
  - Profile: Personal info & settings





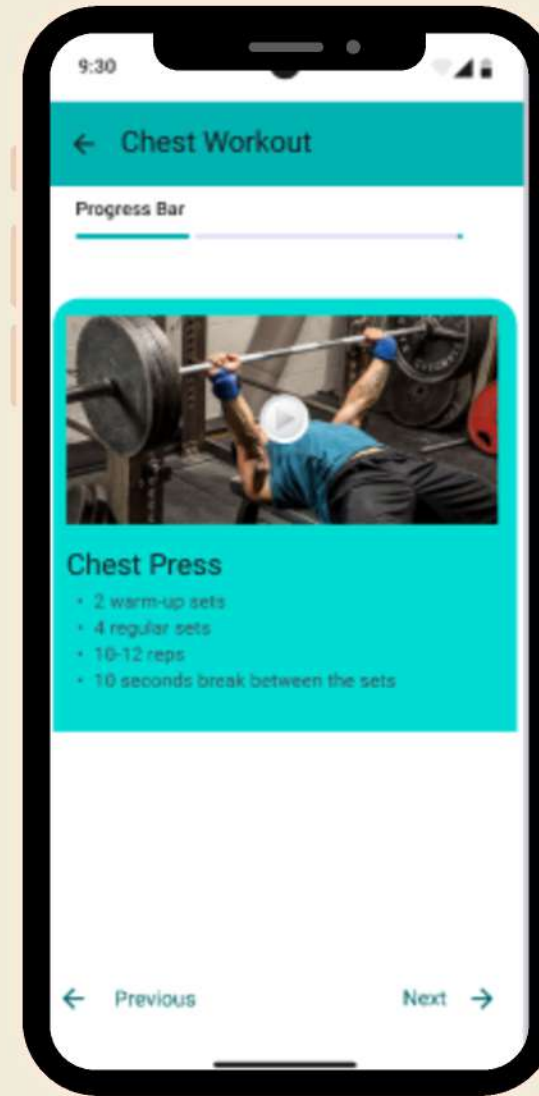
### Workout Overview

➤ Displays a list of targeted exercises for the selected muscle group.



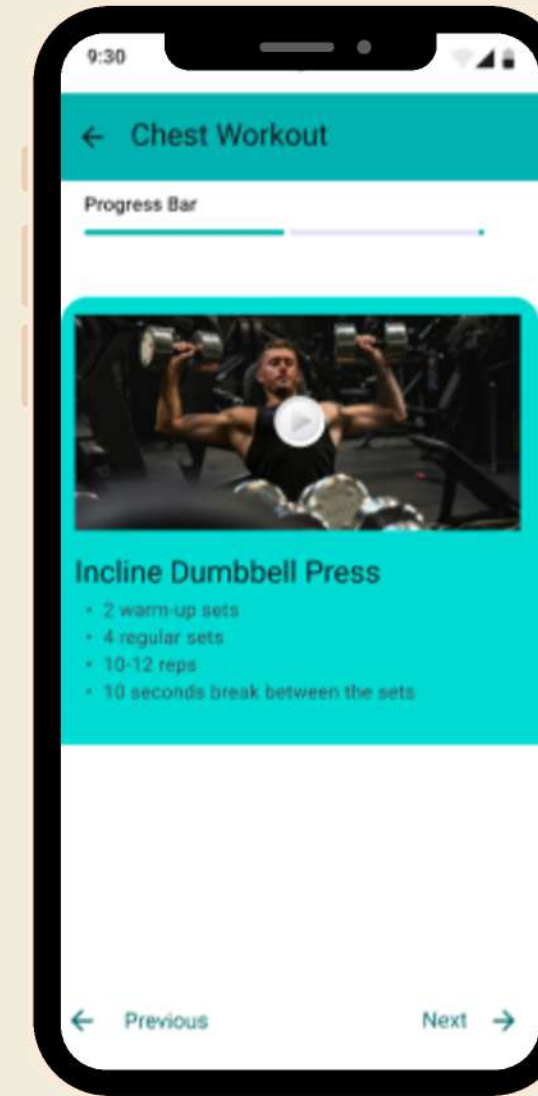
### Start Workout Button

➤ Initiates the guided workout session.



### Exercise Screen

➤ Shows an instructional video at the top for correct form.

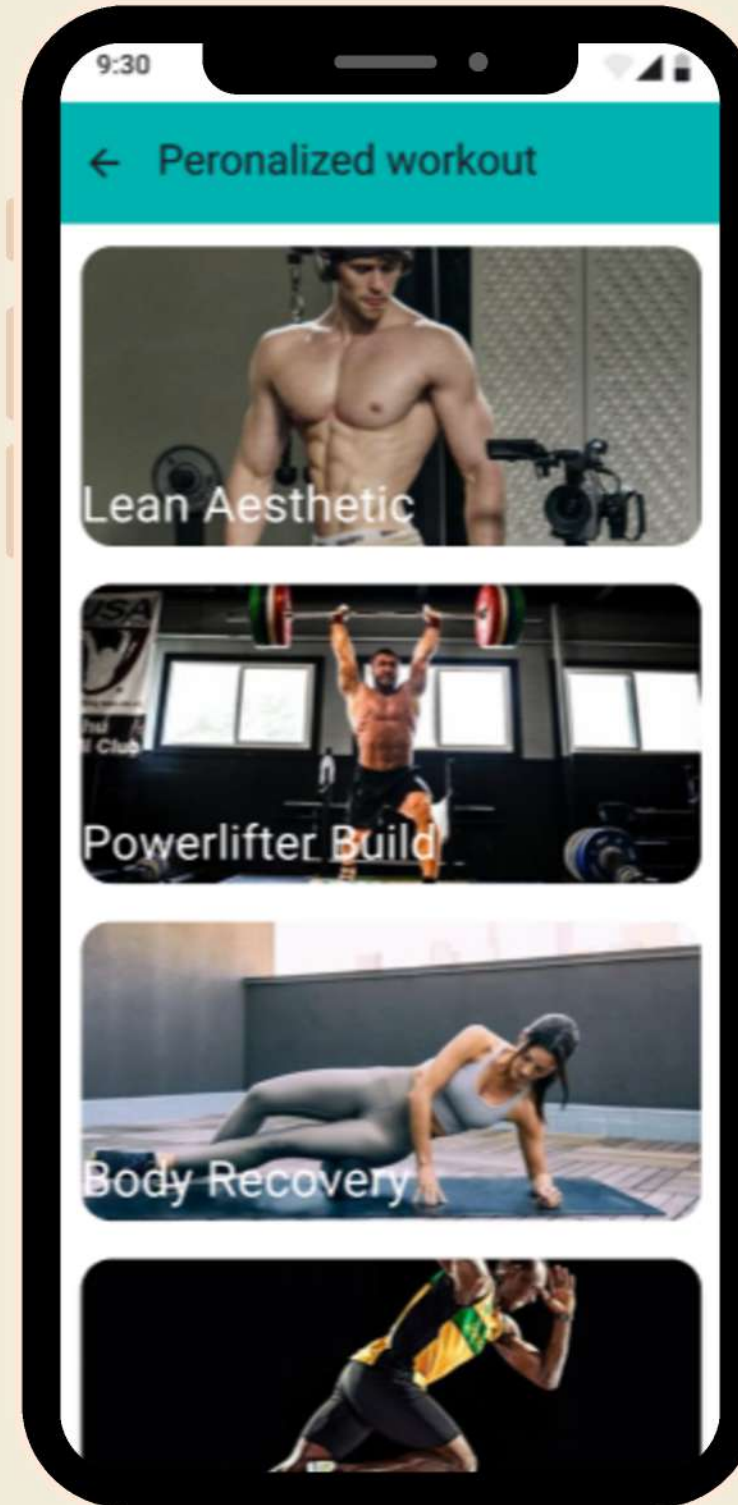


**Set & Rep Details**  
➤ Clear display of sets, reps, and rest time between exercises for easy following.

## Personalized Plan (Premium 🔒)

- Premium users get a tailored workout plan based on their goal:

**Body Recovery**  
**Powerlifter Build**  
**Lean Aesthetic**  
**Athletic Plan**



## Workout Entry Point

- From the Home Page, users can access the workout section.

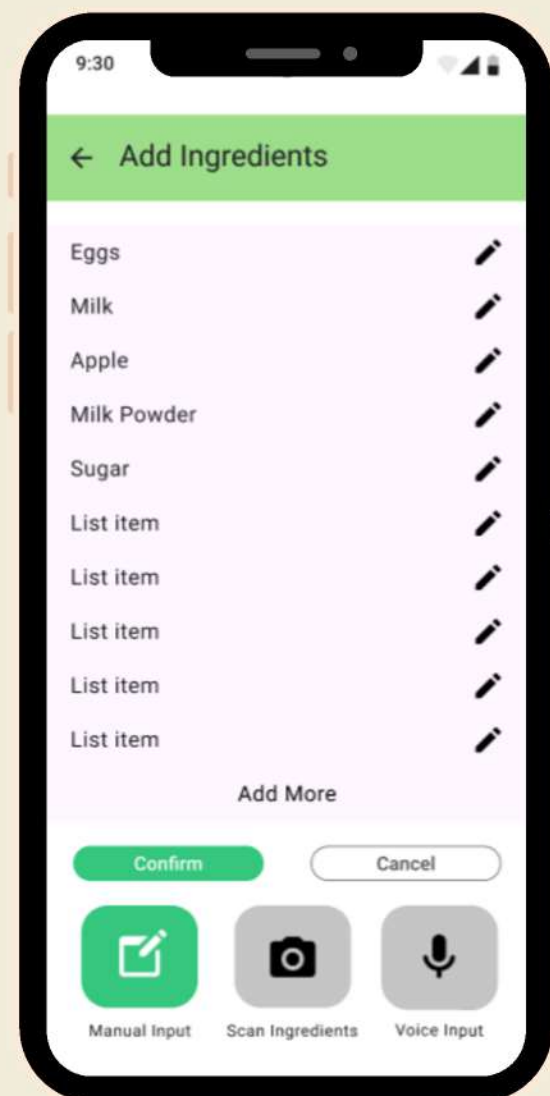
## Free Plans

- Choose from Beginner, Intermediate, and Advanced full-body workouts — available to all users.

## Each Plan Leads to a Set of Exercises

- Structured routines with guided steps for effective progress.

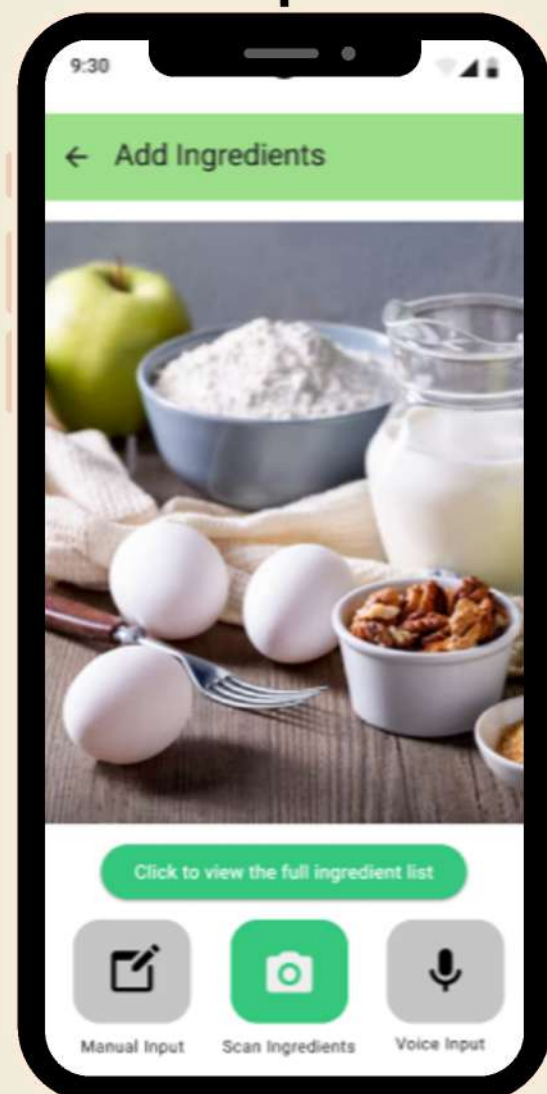




### List Ingredients

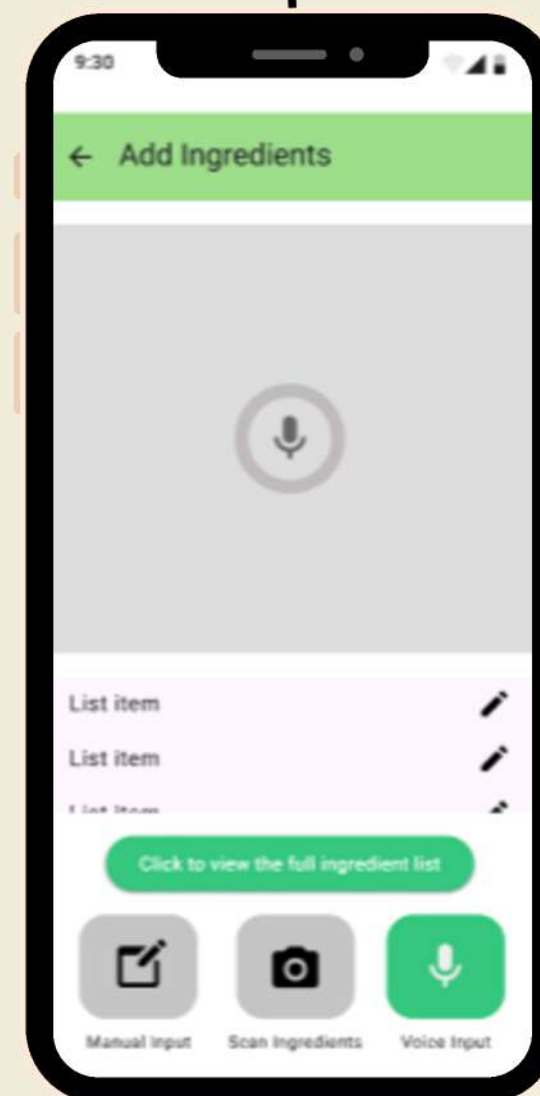
(Manual Entry)

- Type ingredients manually from pantry for quick results.



### Voice Record Ingredients

- Hands-free input using voice for fast and convenient ingredient entry.



### Add Ingredients (Main Option)

- Easily add what's available in your kitchen to get relevant meal suggestions.

### Scan Ingredients

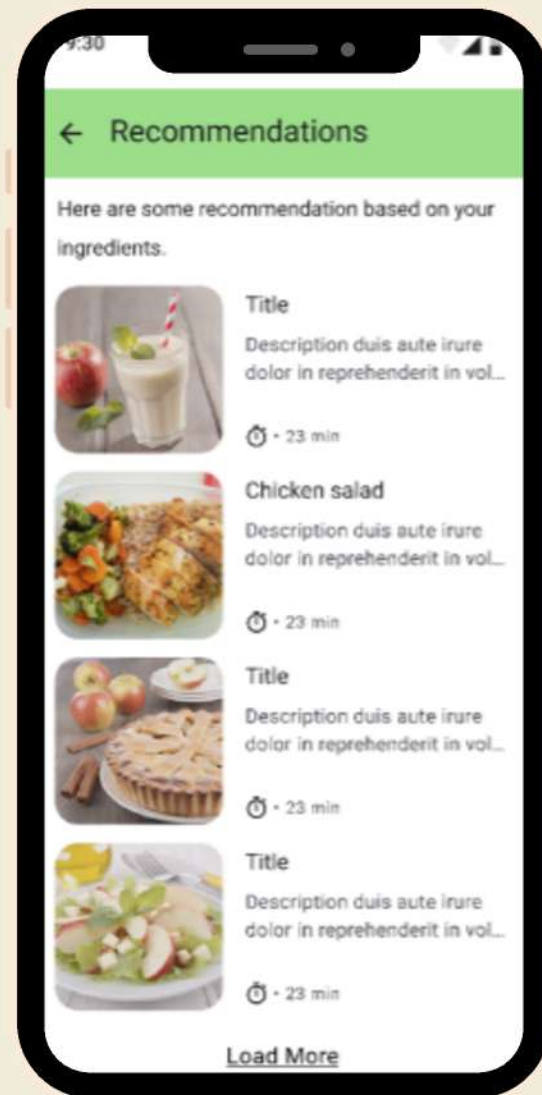
(Premium Feature 🔒)

- Instantly scan and identify ingredients using camera — available in premium version for enhanced ease.

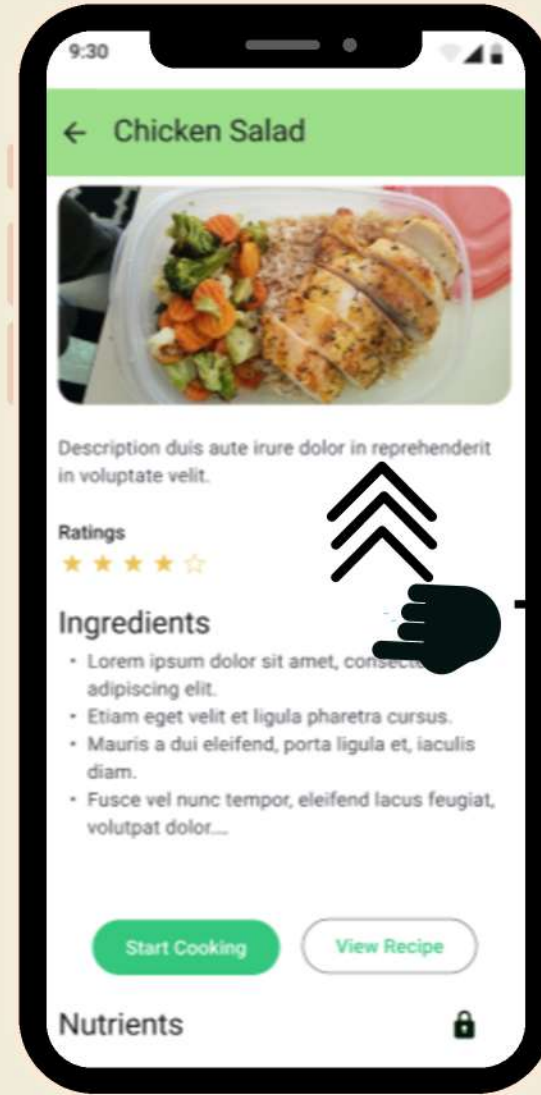


This slide showcases the core of the dietary experience within the app.

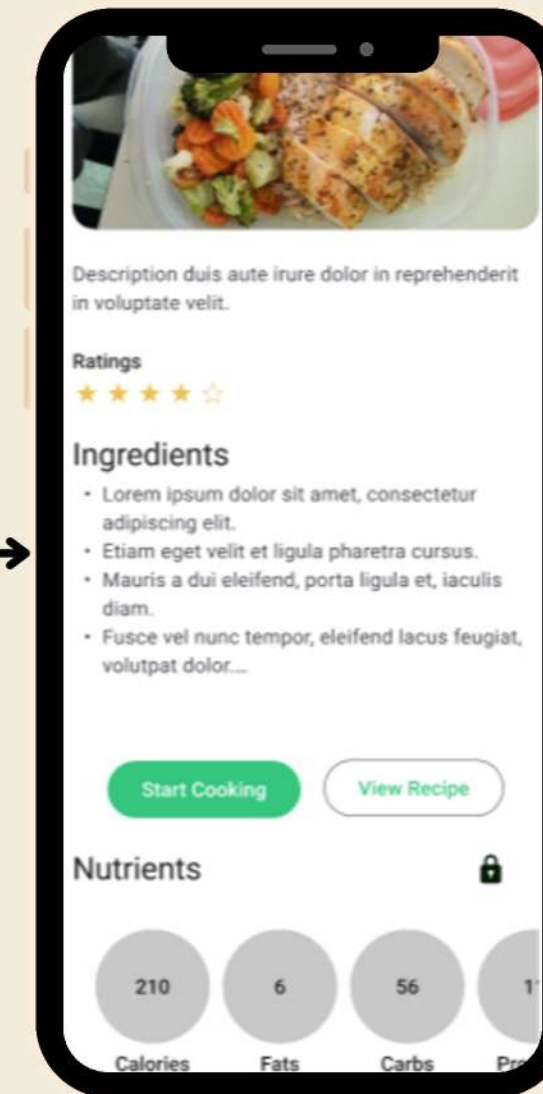
FITSPHERE



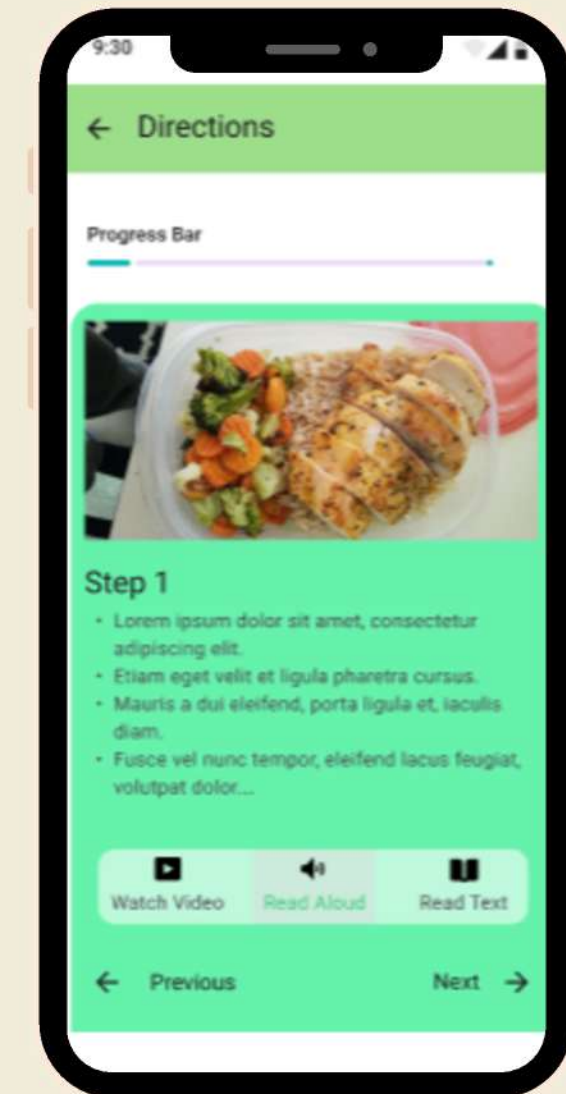
- We start by showing recommended dishes based on the user's health profile, preferences, and goals. These dishes are curated to align with their nutritional needs



- Tapping on a dish reveals the ingredients and their nutritional values – such as calories, protein, carbs, etc. Some detailed insights are marked with a lock icon, indicating they are part of the premium features. This is a subtle yet effective way to introduce users to the value of upgrading without disrupting the free experience.



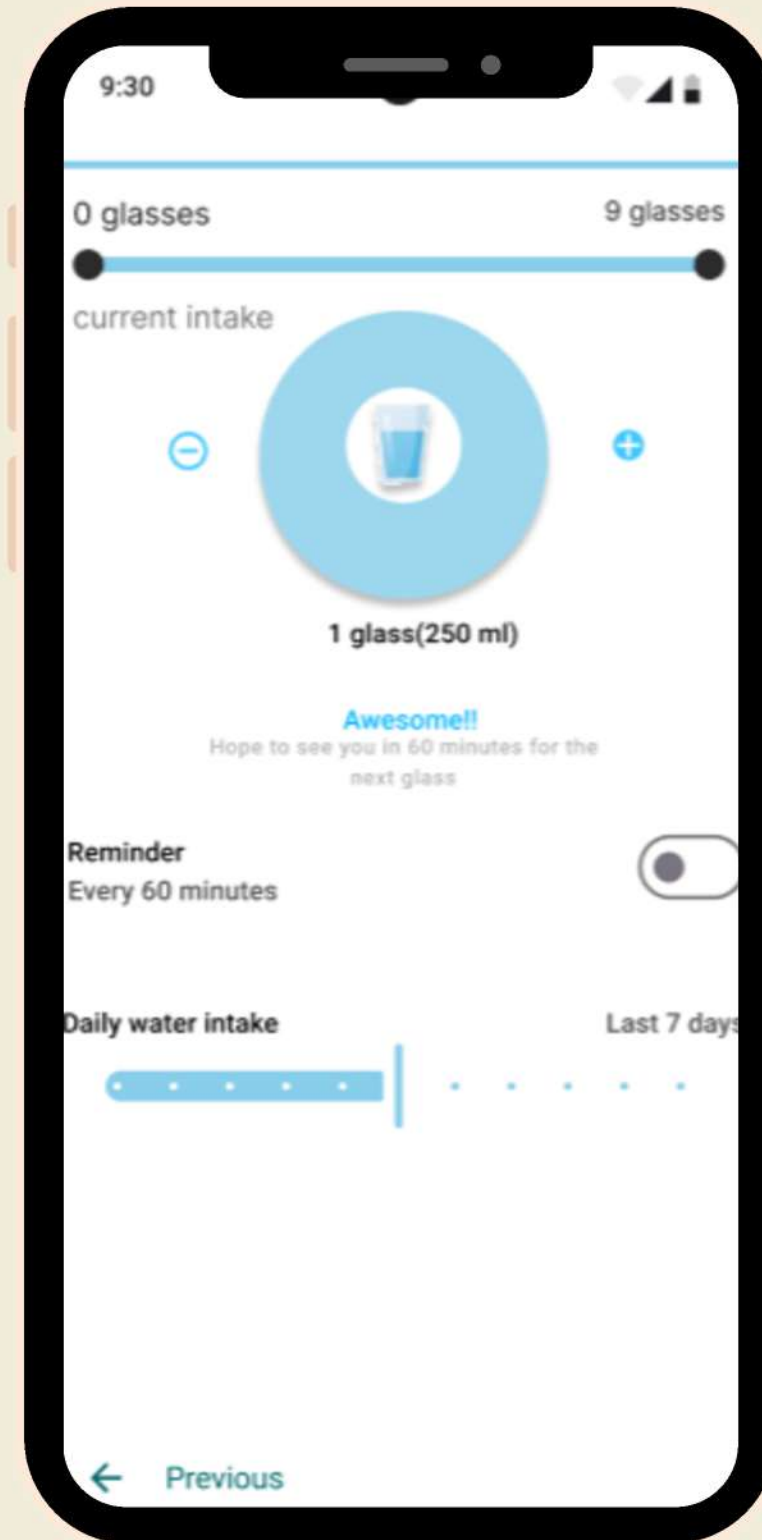
- Next, we show a screen with the step-by-step recipe instructions. To enhance accessibility and user engagement, we provide three different ways to **follow the steps**:
  - Watch Video** – for visual learners
  - Read Aloud** – for hands-free cooking
  - Read Text** – for quick and traditional reading





### Daily Progress

- Slide bar shows progress like “2 out of 9 cups” to motivate daily hydration goals.



FITSPHERE

### Visual Tracker

- Glass icon with plus (+) and minus (-) buttons to log water intake easily.

### . Smart Reminders

- Option to set notifications every 60 minutes to remind users to drink water

Thank you  
for listening!